

Do Not Wait, Vaccinate! Get a Free Flu Shot

The Mississippi Department of Health is providing free flu shots to Hurricane Katrina evacuees staying in shelters. The flu shot is the best protection against the flu.

What is the Flu?

The flu, or influenza, is a virus spread from person to person through coughs and sneezes. Flu may cause fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Each year about 200,000 people are hospitalized, and about 36,000 people die from the flu in the United States.

The Flu Shot

The flu shot is given with a needle, usually in the arm. It's safe, and bad reactions are very rare. However, some people may experience:

- ✓ a low grade fever
- ✓ aches
- ✓ very rarely, an allergic reaction.

If these problems occur, they begin soon after the shot is given and usually last one to two days. Remember, almost all people who receive influenza vaccine have no serious problems from it.

Do not get the flu shot if:

- ✓ You are younger than six months of age
- ✓ You reacted badly to the flu shot before
- ✓ You're allergic to chicken eggs
- ✓ You have a fever

Take charge of your health by getting a flu shot today! Don't wait, vaccinate!

MISSISSIPPI DEPARTMENT OF HEALTH

www.HealthyMS.com

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09-28-05